What is claimed is:

- 1. A dental instrument comprising:
- an actuating assembly; and
- a grasping assembly, coupled to the actuating assembly, adapted to conform to the contour of a dental appliance;
- wherein a member of the actuating assembly or the grasping assembly is adapted to facilitate distal, mesial, or both distal and mesial manipulation of the dental appliance.
- 1 2. The instrument of claim 1, wherein the grasping assembly comprises a plurality of members, each having a grasping surface.
- 1 3. The instrument of claim 2, wherein the members are angled to approximate the contour of the dental appliance.
- 1 4. The instrument of claim 2, wherein the members are curved to approximate the contour of the dental appliance.
- The instrument of claim 4, wherein the members are curved concavely.
- 1 6. The instrument of claim 4, wherein the members are curved convexly.
- 7. The instrument of claim 2, wherein a first of the members comprises an apical seat near the top of its grasping surface.
- 1 8. The instrument of claim 2, wherein one of the members comprises a traction feature 2 disposed upon its grasping surface.

- 9. The instrument of claim 1, wherein the grasping assembly is removably coupled to the actuating assembly.
- 1 10. The instrument of claim 1, wherein the grasping assembly is permanently coupled to the actuating assembly.
- 1 11. The instrument of claim 1, wherein the grasping assembly is formed as part of the actuating assembly.
- 1 12. The instrument of claim 2, wherein a portion of the actuating assembly is angled to facilitate exclusively distal manipulation of the dental appliance.
- 1 13. The instrument of claim 2, wherein a portion of the actuating assembly is curved to facilitate exclusively mesial manipulation of the dental appliance.
- 14. The instrument of claim 2, wherein a portion of the grasping assembly is angled to facilitate exclusively distal manipulation of the dental appliance.
- 1 15. The instrument of claim 2, wherein a portion of the grasping assembly is curved to facilitate exclusively distal manipulation of the dental appliance.
- 1 16. The instrument of claim 1, wherein the actuating assembly is a bifurcated actuating assembly.
- 1 17. The instrument of claim 1, further comprising a locking assembly disposed along the actuating assembly.

- 1 18. The instrument of claim 2, wherein a portion of the actuating assembly is formed to selectively facilitate mesial or distal manipulation of the dental appliance.
 - 19. A dental instrument, adapted to facilitate distal, mesial, or both distal and mesial manipulation of a dental appliance, comprising:
 - a grasping assembly, having a grasping surface shaped to approximate contour of the dental appliance, and having an apical seating member disposed near the top of the grasping surface; and
 - an actuating assembly, operatively coupled to the grasping assembly.
 - 20. A matrix band placement apparatus, adapted to facilitate distal, mesial, or both distal and mesial matrix band manipulation, comprising:
 - a first grasping member, having a first surface shaped to approximate curvature of a matrix band, having an apical seating member disposed along an upper edge of the first surface;
 - a second grasping member, having a first surface shaped to approximate curvature of a matrix band and shaped to cooperatively engage with the first surface of the first grasping member; and
 - a compound actuating assembly, operatively coupled to the first and second grasping members, adapted to cooperatively engage the first and second grasping members, having a locking assembly disposed and adapted to secure engagement of the first and second grasping members.